

Mind, Body & Soul 2011

Healthy
Living



**FAITH
IN ACTION**

Sharpen & Strengthen your MIND,

Exercise & Re-Energize your BODY,

Revitalize and Awaken your SOUL.

A bi-weekly class featuring aerobic activity, nutritional tips & health information, & inspirational prayer.

We believe through the powers of group & prayer, that life becomes less stressful, & our goals are attainable.

We are open to all faiths, races, genders, and ages.

What do you have to lose???? (Besides a little weight & negative energy)

When: Tuesday & Thursday Evenings 7:15 PM – 8:15 PM

Where: Dunbar United Church of Christ

767 Benham Street, Hamden CT 06517

Email: mindbodysoul2011@gmail.com



We are not professional trainers, nutritionists or health professionals, or clergy.
We are always looking for volunteers to help with all aspects of our classes.

Classes Begin TUESDAY JANUARY 4th, 2011

No Membership dues or fees, no monthly costs, (Goodwill Donations gladly accepted)